

HISTORY OF MUSIC THERAPY AND ITS RESULTS IN WORLD PRACTICE

Soyibjon Niyozov Navro'zovich

Professor of the "National Singing" department of UzDSMI

Annotatsiya: Ushbu maqolada musiqa terapiyasi va unga oid dunyo amaliyotidagi natijalar, soha mutaxassislarining bu boradagi fikr-mulohazalari haqida yozilgan.

Kalit so'zlar: Musiqa terapiyasi, art terapiya, ovoz diapazoni, eshitish qobiliyati, umummilliy va umuminsoniy qadriyatlar, an'ana, an'anaviy xonandalik, maqom.

Аннотация: В данной статье описана музыкальная терапия и ее результаты в мировой практике, а также мнения специалистов в этой области.

Ключевые слова: Музыкаотерапия, арт-терапия, голосовой диапазон, слух, национальные и общечеловеческие ценности, традиция, традиционное пение, статус.

Abstract: This article describes music therapy and its results in world practice, as well as opinions of experts in the field.

Key words: Music therapy, art therapy, voice range, hearing ability, national and universal values, tradition, traditional singing, status.

Have you ever thought about the effects of the music that accompanies us day and night on our health and mental state? For example, a song that plays continuously for you can help to restore the movement function of people with physical disabilities. Or a well-chosen tune has the ability to bring a person out of a stressful situation. In this article, we will talk about the effect of music on human health and psyche.

The connection between music and people. It is no exaggeration to say that music is an art that accompanies a person from birth. If you have noticed, the newborn baby calms down and falls asleep with the music of the mother alla until a certain period. And adults mostly make friends with music and earphones when they are free, when they are doing some physical work or just going to a destination. Depending on the mood, listening to a cheerful or quiet song, one feels relieved and feels as if one has fallen into another world. The invisible connection between a person and music is related to its appearance?!

According to various sources, music appeared in the early stages of social development. Although there is no concrete evidence about the music of that time, various scientific hypotheses are based on this. For example, singing of birds, calling of animal companions, emotional tone, working sounds and calling methods of primitive

people are the first sources of music. So, music has been with humanity since ancient times.

How was music first used as medicine? The effective effect of music on the human body is already known. Ancient Greek physicians used wind instruments to treat their patients. Philosopher Democritus said that the flute emits a sound that is not only good for listening, but also for human health, while the people of the Middle Ages believed that the real purpose of music is to "glorify God, drive away demons, heal the sick, and create love." Music therapy based on the theory of Raga (Indian classical music) is also widely used in India. According to Indian doctors, each raga corresponds to a certain type of mood and can cause a change in a person's condition. This change, in turn, has been shown to be effective in treating depression and other mental disorders in patients.

The emergence of music therapy. In the 1950s, the science of Music Therapy emerged out of the interaction between music and medicine. The term "music therapy" comes from the Greek-Latin languages and means "healing with music". Many scientists consider it an auxiliary tool of psychotherapy and a special preparation procedure for patients to use complex therapeutic methods. Other experts define the following aspects of music in addition to it.

- Controlled use of music in the period of recovery (rehabilitation), teaching and upbringing of children and adults suffering from somatic and mental diseases;

- Systematic use of music in patients with mental or psychosocial disorders;

- Says that it is a tool that optimizes creative power and pedagogic-educational activity.

Philosopher Pythagoras was one of the first experts to scientifically study the positive effects of music on physical and mental health, and in the East, Abu Ali ibn Sina, a mature thinker of medicine, noted this art form as a healing tool in his "Laws of Medicine" and wrote "Kitab Ash-shifa - Book of Treatment" in his encyclopedic work, he devotes a whole section to the interaction between music and pulse.

The oldest example of music therapy comes from the Old Testament, when David healed Saul of depression by playing the harp. Aristotle also believed that music is not only a means of healing, but also a means of cleansing the soul (catharsis). Ancient Arab doctors noted that music can heal the human body by passing through the soul, and they tested it in practice and witnessed positive changes.

In 1913, V.M. Bekhterev, in the course of his research on the therapeutic effect of music, founded the society "The therapeutic and educational value of music and its hygiene". The practice of listening to music in mental clinics was used by the French psychiatrist Esquirol at the beginning of the 19th century.

Scientific and practical schools of America and Sweden. In the 1950s and 1960s, two main scientific and practical schools of music therapy were formed in America and Sweden. Benedict (1958), Blanke (1961), Sutermeister (1964), Schwabe (1965) and others studied the clinical effects of music in terms of form and content and attempted to compile a catalog of therapeutic music called "Musical Pharmacopoeia". Trankle relates the choice of music performance to the need for stimulating or calming effects. Illing (1952), Douglas, Wagner (1965), Boenheim (1966), and Steele (1967) include music therapy in general therapy. In 1955, representatives of the Swedish school proposed the use of music therapy as a leading treatment method that did not require verbal therapy. A. Pontovik promotes the concept of psychoresonance. According to him, it is music that has the ability to reach the deepest layers of the human mind. The healing effect of the Swedish approach to music therapy is based on the ideas of traditional psychoanalysis. During the session, the psychotherapist brings the patient to a state of catharsis with the help of music and achieves relief from his condition. Therefore, the choice of music is very important.

Effect of music on the human body. According to various experiments, music affects not only a person's mood, but also breathing, pulse, blood pressure, and internal and external energy. It has a wonderful power that can take a person out of a stressful situation, increase immunity, have a positive effect on his psyche, and encourage him to create. According to data, sound vibrations cause cells to "echo" and affect physiological processes in the body. Certain rhythms and certain frequencies affect the acceleration or, on the contrary, the slowing down of metabolism in the body. George Diamond, an expert in behavioral physiology, found that depending on the nature of the music, the strength of the listener's muscles also changes.

What is Neurological Music Therapy (NMT)? NMT is a field of therapeutic research aimed at paralleling brain and physical exercises using music.

Mechanism of therapy. Music "drops" the listener into a certain rhythm. The subconscious, auditory and motor systems are combined. Thus, playing music makes it easier for the patient to move to the rhythm. In order for music therapy to have a profound effect, according to the approach of the Austrian doctor and pedagogue Karl König, the patient himself should be in parallel movement with music, that is, he should be able to sing, play an instrument or express music in his movements.

According to experts, music therapy does not interfere with other healing therapies. Traditional treatment courses do not harm music therapy. The following general recommendations are offered to ensure that treatments are of the greatest benefit.

- Early morning or late evening is an effective time for treatment sessions;
- Calming and preventive sessions are held at a convenient and convenient time for the patient;

It is important to have a full stomach before the procedure. However, eating more than the norm is not recommended;

- The patient should be in comfortable clothes and take a comfortable position, considering the fact that he will be in one place for a certain time;

- At the initial stage of therapy, the duration of music should not exceed 20-30 minutes. In the next stages, it is possible to increase the time of the proposed composition to the extent that the patient is not tired;

Sessions are recommended to be held 1-2 times a day with a time interval of not less than 3-4 hours.

Most likely, you must be familiar with the feeling that you get relief from the pain by listening to your favorite song when you have a headache. This is not just a temporary distraction, but a scientifically proven study.

There are several experiments and proven scientific studies that depending on the tone of the music, the patient's pain can be reduced or accelerated. For example, in 2011, a team led by Salimpour showed that pleasant music produces the hormone dopamine in the brain. Dopamine has an analgesic effect.

In 2009, a group of scientists led by Roya, a specialist in the field, proved that when a person listens to music that he finds pleasant, his pain in the body decreases, and on the contrary, unpleasant music increases. Its effect is felt even when the patient is under anesthesia. According to the conclusion of the scientists, the melody chosen by the patient during the treatment is more beneficial than the composition chosen and played by the doctor.

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